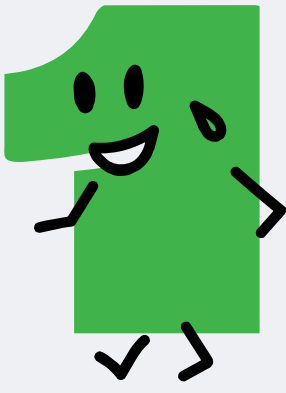


# Healthy Habits for Healthy Communities!



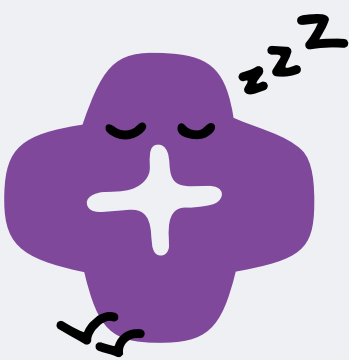
5 or more  
servings  
of fruits &  
vegetables

2 hours or  
less of  
recreational  
screen time



1 hour or more  
of physical  
activity

0 sugary  
beverages



8-14 hrs  
of sleep

